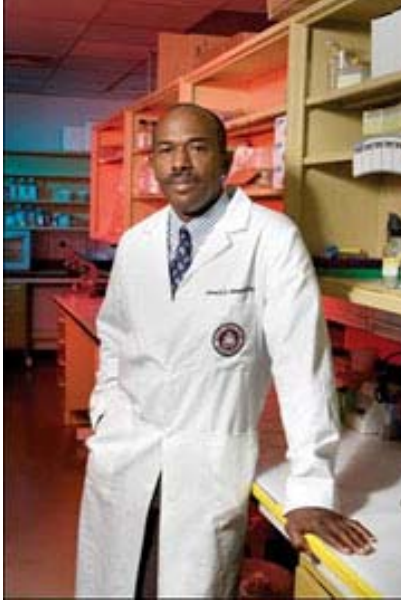


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Hildreth to Speak at HIV/AIDS Conference

Two of the world's leading experts on HIV/AIDS will be featured speakers at the Department for Public Health's 11th Annual African-American and Hispanic Leadership Conference on HIV/AIDS Sept. 29 and 30, in Louisville.



Dr. Hildreth will be one of the featured speakers at the conference.

The work of James E.K. Hildreth, M.D., Ph.D., in HIV/AIDS dates back to 1986 and focuses on blocking HIV infection by learning how HIV gets into cells. He has published more than 80 scientific articles and holds six patents.

Originally from Arkansas, Hildreth holds degrees from Harvard University, Oxford University and Johns Hopkins University where he was the first African American to earn full professorship with tenure in the basic sciences.

Gail E. Wyatt, Ph.D., associate director of the University of California, Los Angeles AIDS Institute, a clinical psychologist and sex therapist, will deliver the conference keynote address on Saturday morning. Wyatt is one of the leading experts in the study of the HIV/AIDS impact on minority communities.

The conference, sponsored by the Department for Public Health's HIV/AIDS branch, is a call to action for leaders in the African-American and Hispanic communities to motivate the development and implementation of HIV prevention programs. Like the rest of the nation, Kentucky's minority community, especially the African-American female population, is disparately impacted by HIV/AIDS.

For registration or more information, contact Beverly Mitchell, HIV prevention minority initiatives coordinator, at (502) 564-6539 or e-mail Beverly.Mitchell@ky.gov. More information is available at the conference Web site, <http://www.kyaalc.com/>.

September is National Cholesterol Education Month

The Cabinet for Health and Family Services is promoting cholesterol education through a health fair from 9 a.m. to 2 p.m. Sept. 20 in the CHR Complex lobby.

High blood cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. People older than 20 should have their cholesterol profiled at least once every five years. About 100 million adults in the United States have a total blood cholesterol level of 200 milligrams per deciliter or higher, which is above desirable levels. According to the American Heart Association, an estimated 34.5 million people have cholesterol levels of 240mg/dl or above, considered high risk.

Lowering cholesterol levels can reduce the risk of heart disease death among people with or without coronary heart disease. Blood cholesterol levels can be reduced through healthy lifestyle changes such as physical activity, weight control, dietary improvement and drug therapy.

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Desirable levels for people with or without existing heart disease are:

- Total cholesterol: Less than 200mg/dl
- Low Density Lipoprotein (LDL) cholesterol (bad cholesterol): Less than 100 mg/dl
- High Density Lipoprotein (HDL) cholesterol (good cholesterol): 40 mg/dl or higher
- Triglycerides: Less than 150 mg/dl

For more information on cholesterol screening visit
http://www.cdc.gov/dhdsp/library/fs_cholesterol.htm

CHFS Health Fair Set for Sept. 20

The Cabinet for Health and Family Services will have a health fair Sept. 20 to promote cholesterol education month. All employees can take advantage of free medical screenings during the fair held in the CHR Complex lobby from 9 a.m. to 2 p.m.

These health screenings will be available:

- Cholesterol screening
- Blood pressure checks
- Height and weight measurements
- Stroke screening
- Personal Health Assessment

As part of the health fair, Kentucky Employee Health Plan (KEHP) members will have the opportunity to receive free individualized information about their health. KEHP and Humana have introduced an online health assessment tool that allows members to enter information about their health and receive instant feedback and tips to improve it.

Four computer terminals will be set up in the cafeteria conference room during the fair. You

are invited to fill out the assessment during that time and encouraged to use information you may have gained at the fair. Your information will be kept private and secure and will not be shared with anyone.

You may also take the assessment at your own computer. To do so:

- Login to [MyHumana](http://www.myhumana.com) (www.myhumana.com). If you haven't registered for MyHumana, you'll need to do so.
- Click on "Take Your Health Assessment" in the Health Resources section on the left side of the page.
- If your Internet browser is set up to block pop-up windows, please disable the blocker before you start.
- Answer the questions in the Health Assessment.

Having as much information as possible will help you get a reliable report from the assessment. You will be able to get some of this information at the health fair.

The assessment calls for:

- Total cholesterol
- HDL/LDL cholesterol levels
- Height/weight
- Blood pressure
- Medical history
- Percent body fat
- Blood sugar level
- Triglycerides
- Resting heart rate

UK Offers Course on Child Victims' Post-Traumatic Stress

By Anya Armes Weber

The University of Kentucky's College of Social Work is offering a workshop later this month to

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help caseworkers treat survivors of childhood abuse.

“Complex PTSD in Survivors of Child Sexual Abuse: A Framework for Clinical Intervention” is scheduled for 1 to 4 p.m. on Thursday, Sept. 21, in the eighth-floor training room of the Kentucky Utilities building, 1 Quality St., Lexington.

Miriam Silman, M.S.W., will lead the class, which is approved for three continuing education units for licensed social workers and psychologists. Cost is \$60.

Register online or make a payment at www.uksocialworkonline.com.

Prostate Cancer: What You Should Know

September is Prostate Cancer Awareness Month

September is National Prostate Cancer Awareness Month. This year, 27,000 of our sons, fathers, brothers and husbands will be lost to prostate cancer.

Early detection is the key to early treatment. According to the American Cancer Society, prostate cancer screening should be offered to men starting at age 50. Screenings include a blood test called the prostate-specific antigen (PSA) and a digital rectal exam. For those men at high-risk - including African-Americans or men with a family history of prostate cancer - testing should start at age 40 to 45.

According to the U.S. Preventive Services Task Force, there is not enough information for or against routine screening for prostate cancer using PSA testing or digital rectal exam. Still, in most cases, these tests can detect prostate cancer in its early stages. Men should be informed and consider their choices and risk before deciding whether to be tested. Your health care provider will discuss with you the benefits and limits of screening.

Risk Factors of Prostate Cancer

Family History: Prostate cancer runs in some families.

Race: Prostate cancer occurs more often in African-American men than in white men.

Age: The chance of developing prostate cancer increases rapidly after age 50.

Diet: Men who eat a lot of red meat and high fat diets and few fruits and vegetables have a higher risk of getting prostate cancer.

Some men, such as those who live in rural areas and African-American and Hispanic men, are also more likely to be diagnosed when the cancer is in a later stage and treatment has been delayed. Early detection and prevention are the most important factors in saving lives.

Can prostate cancer be prevented?

Men may be able to reduce the risk of prostate cancer by changing the way they eat.

The American Cancer Society (ACS) recommends eating a variety of healthy foods with an emphasis on fruits and vegetables, and limiting the amount of red meats and high fat foods. Eat five or more servings of fruits and vegetables each day. Tomatoes, pink grapefruit and watermelon are rich in lycopene and help prevent damage to DNA and lower prostate cancer risk. These guidelines on nutrition may also lower the risk for other types of cancer and heart disease.

Will insurance/Medicare/Medicaid cover these tests?

Medicaid and Medicare cover preventive testing for prostate cancer. Most insurance companies cover preventive screening with a deductible or out-of-pocket charge.

What if I don't have insurance?

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Kentucky's local health departments provide adult physical screenings for men and women without insurance as well as appropriate referrals for further testing as needed.

Employee Recognition Tip: One Reward Doesn't Fit All

Submitted By Judy Bates

Every employee is an individual and every accomplishment is unique. A standard form of recognition for every achievement doesn't do much to inspire your employees to continue doing their best. In fact, it only makes your acknowledgment monotonous. Part of what makes a successful recognition program is maintaining the element of surprise, so try a little variety.

You know your employees pretty well, so you should have a good idea of what each one will appreciate. Are they the type who prefers to be recognized officially or personally, formally or informally, publicly or privately? Would they like a gift, a note, or just some simple verbal praise? Also, take into account what they did to deserve your recognition. Someone who just completed a rigorous two-month project should be rewarded more substantially than an employee who stayed late for a night or two.

No matter what you do, make sure you take the time to customize your reward – when you put some thought into how you say “thanks,” your people will value it even more.

Focus Health Tip of the Month

Take a Loved One to the Doctor

Submitted By Anne Parr, R.N.

Take A Loved One to the Doctor Day is the third Tuesday of each September. This year, the date falls on Sept. 19. The point of this designated

day is to encourage people to take charge of their health. Participate by visiting a health professional; making an appointment for a visit; attending a health event in the community; or helping a friend, neighbor or family member do the same.

Employee Enrichment

By Anya Armes Weber

Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.



Negativity can have harmful effects on your work environment. Career planner Dawn Rosenberg McKay, author of “The Everything Interview Book,” writes negativity may mean a decrease in personal and group productivity and a higher rate of office turnover.

How can you avoid negativity or turn it into something positive for your office?

McKay offers several tips:

Offer a solution with every criticism. If you must complain to co-workers, be constructive about it.

Take action. Rather than ranting about what others should do, take it a step further and act on your complaint. Transfer your passion about a problem to finding an answer to the problem. If not on your own, offer your help to others.

If it isn't broken, leave it alone. Some people feel like everyone else is doing their work the wrong way, and they could do a much better job. These people want to make changes simply for the sake of having input. Avoid this. Concentrate on fixing things that are truly broken.

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Limit the time you spend with negative people.
McKay points out that “misery loves company.”
Continually angry people are happy to share their
views with you and influence your viewpoint.

Listen to their opinion, but don’t encourage their
tirades.